

**California
Physical Fitness
Test 2002–03**

North/South Update

**September 30 — Sacramento
October 2 — Burbank**

California Department of Education
Standards and Assessment Division

**California Physical
Fitness Test 2002–03**

**Education Code Section
60800 requires:**

- ◆ Annual testing for students in grades 5, 7, and 9
- ◆ District is to administer the test during the month of March, April, or May
- ◆ Student participation whether or not they are enrolled in a physical education class

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Fitnessgram Test

**Six fitness standards students
must meet to be considered fit:**

A student must meet all six standards before he or she is considered fit. Fitnessgram test assesses six major fitness areas, with several performance task alternatives.

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Fitnessgram Test
Six Fitness Areas

◆ **Aerobic Capacity**

- Pacer
- Mile Run/Walk
- Walk Test (13 years and older)

◆ **Body Composition**

- Percent Fat
- Body Mass Index (height and weight)

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Fitnessgram Test
Six Fitness Areas

◆ **Abdominal Strength**

- Curl-up

◆ **Upper Body Strength**

- Push-up
- Modified pull-up
- Pull-up
- Flexed Arm Hang

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Fitnessgram Test
Six Fitness Areas

◆ **Trunk Strength**

- Trunk lift

◆ **Flexibility**

- Back-saver sit and reach
- Shoulder stretch

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Key Points For 2001–02

- ◆ Annual reporting
- ◆ First time that year-to-year comparisons were available
- ◆ Physical fitness data is a required element of the School Accountability Report Card

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Key Points For 2001–02

Public access to the data will be available via Internet early 2003

- ◆ Public access also available via DataQuest
- ◆ Percent students in Healthy Fitness Zone for 6 of 6 standards, 5 of 6 standards, 4 of 6 standards, etc.
- ◆ Percent students in Healthy Fitness Zone for each fitness task
- ◆ Partially tested students are included in Healthy Fitness Zone percentages
- ◆ Results reported by grade for total population, gender, and ethnicity at state, county, district, and school levels
- ◆ 1999 and 2001 comparisons available on existing Web site (links provided)

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Key Points For 2002–03

- ◆ Deadline for submitting data to Educational Data Systems is June 30, 2003
- ◆ Data must be reported electronically or by Scantron forms
 - Internet data entry site
 - e-mail
 - disc, tape, CD-Rom
 - FTP (File Transfer Protocol)

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Key Points For 2002–03

- ◆ Programmed template on Web page to facilitate compiling data
- ◆ Cannot be accepted:
 - Fitnessgram software prior to 6.0 (include CDS code and school/district names in export file from Fitnessgram)
 - Handwritten score sheets
- ◆ Newly required assessment for Charter Schools
- ◆ 2003 Physical Fitness Testing packet to be sent to county/district superintendents in November

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Priorities For 2002–03

- ◆ Results will be reported to Governor and Legislature
- ◆ Consistency in data reported will be enhanced
 - Training for improved data collection and reporting
- ◆ Participation will be increased
 - Communication to districts that did not test results or send usable data

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Goal For 2002–03

- ◆ Improving fitness level of California's children
- ◆ California children who are fit, healthy, and ready to learn

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Physical Fitness Test Web Sites

- ◆ Physical Fitness Test Results Web site:
 - <http://www.cde.ca.gov/statetests/pe/pe.html>
- ◆ Data Quest Link
 - <http://dq.cde.ca.gov/DataQuest/>
link to "additional data available on the CDE website"
- ◆ For more information:
 - Debbie Vigil
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